

Appendix B: The 2005 Arizona Youth Risk Behavior Survey (YRBS) Highlights —Cochise[§]

The Youth Risk Behavior Survey measures the prevalence of specific personal behaviors that directly affect the health of our youth. The highlights are based on a sample of 854 high school students and the results are representative of all students in grades 9-12 in Cochise County.

Tobacco Use

- 64.3% Ever tried cigarettes
- 21.4% Smoked cigarette before 13 years old
- 25.0% Smoked during the past month
- 7.4% Smoked more than 10 cigarettes/day during the past month
- 14.5% Smoked daily during the past month
- 8.4% Smoked on 20 of the past 30 days
- 15.5% Got cigarettes in store during the past month
- 7.5% Smoked at school during the past month

Healthy Eating

- 17.8% Ate 5-A-Day during the past week²
- 22.5% Had 3 or more dairy products per day
- 21.0% Ate baked food daily
- 30.4% Drank regular soda daily
- 23.2% Had sugared beverages daily
- 31.7% Ate breakfast daily
- 10.5% Ate fast food daily

Physical Activity (P.A.)

- 33.0% Participated in insufficient physical activity¹ during the past week
- 9.2% No exercise
- 36.2% Active 60 minutes on five or more days during the past week
- 25.8% Attended PE class daily
- 56.7% Played on sports teams during past year
- 39.4% Watched 3 or more hours of TV per day
- 14.4% Played 3 or more hours of computer or video games

Overweight

- 14.8% At risk of becoming overweight
- 11.9% Overweight

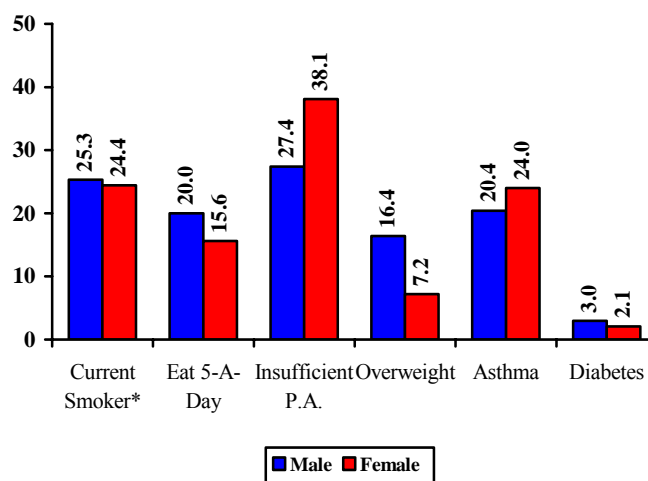
Health Status

- 11.4% Described health as fair or poor
- 22.3% Told asthma by a doctor or nurse
- 2.7% Told diabetes by a doctor or nurse

Prevention

- 50.7% Among smokers, tried to quit smoking
- 47.5% Trying to lose weight
- 61.0% Exercised to lose weight during the past month
- 39.7% Ate less to lose weight during the past month
- 2.7% On a diet or exercise plan for diabetes

Percentage of Youth Risk Behaviors, by Gender, Cochise, 2005



Note:

¹ Had not participated in at least 20 minutes of vigorous physical activity on three or more of the past seven days and had not participated in at least 30 minutes of moderate physical activity on five or more of the past seven days.

² Ate five or more fruits/vegetables during the past week

* Smoked during the past month

[§] Cochise County YRBS data was made possible through funding from the Steps to A Healthier Arizona Initiative

Appendix B: The 2005 Arizona Youth Risk Behavior Survey (YRBS) Highlights —Santa Cruz[§]

The Youth Risk Behavior Survey measures the prevalence of specific personal behaviors that directly affect the health of our youth. The highlights are based on a sample of 1095 high school students and the results are representative of all students in grades 9-12 in Santa Cruz County.

Tobacco Use

- 63.7% Ever tried cigarettes
- 14.9% Smoked cigarette before 13 years old
- 26.5% Smoked during the past month
 - 5.3% Smoked more than 10 cigarettes/day during the past month
- 12.8% Smoked daily during the past month
- 7.1% Smoked on 20 of the past 30 days
- 18.4% Got cigarettes in store during the past month
- 6.1% Smoked at school during the past month

Healthy Eating

- 17.0% Ate 5-A-Day during the past week²
- 17.7% Had 3 or more dairy products per day
- 21.7% Ate baked food daily
- 24.1% Drank regular soda daily
- 19.6% Had sugared beverages daily
- 33.2% Ate breakfast daily
- 7.4% Ate fast food daily

Physical Activity (P.A.)

- 32.5% Participated in insufficient physical activity¹ during the past week
- 10.1% No exercise
- 34.3% Active 60 min on five or more days during the past week
- 30.4% Attended PE class daily
- 54.4% Played on sports teams during past year
- 35.5% Watched 3 or more hours of TV per day
- 17.5% Played 3 or more hours of computer or video games

Overweight

- 15.2% At risk of becoming overweight
- 12.0% Overweight

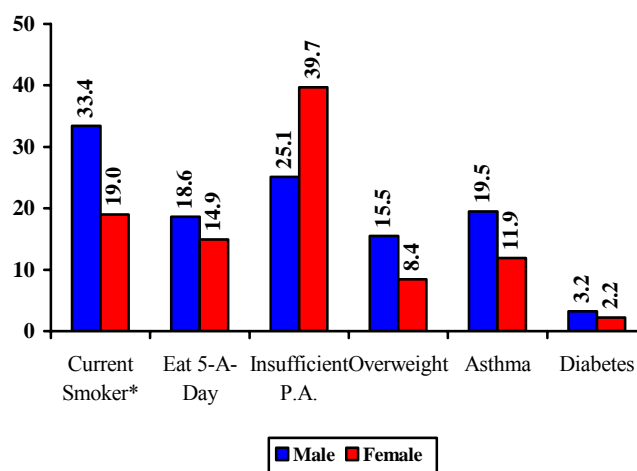
Health Status

- 8.8% Described health as fair or poor
- 15.8% Told asthma by a doctor or nurse
- 2.8% Told diabetes by a doctor or nurse

Prevention

- 50.3% Among smokers, tried to quit smoking
- 52.9% Trying to lose weight
- 70.6% Exercised to lose weight during the past month
- 43.0% Ate less to lose weight during the past month
- 4.4% On a diet or exercise plan for diabetes

Percentage of Youth Risk Behaviors, by Gender,
Santa Cruz, 2005



Note:

¹ Had not participated in at least 20 minutes of vigorous physical activity on three or more of the past seven days and had not participated in at least 30 minutes of moderate physical activity on five or more of the past seven days.

² Ate five or more fruits/vegetables during the past week

* Smoked during the past month

[§] Santa Cruz County YRBS data was made possible through funding from the Steps to A Healthier Arizona Initiative

The 2005 Arizona Youth Risk Behavior Survey (YRBS) Highlights —Tohono O’odham Nation[§]

The Youth Risk Behavior Survey measures the prevalence of specific personal behaviors that directly affect the health of our youth. The highlights are based on a sample of 176 high school students and the results are not representative of all students in grades 9-12 in Tohono O’odham Nation.

Tobacco Use

- 82.4% Ever tried cigarettes
- 35.9% Smoked cigarette before 13 years old
- 30.3% Smoked during the past month
 - 8.7% Smoked more than 10 cigarettes/day during the past month
- 10.8% Smoked daily during the past month
- 5.8% Smoked on 20 of the past 30 days
- 12.5% Got cigarettes in store during the past month
- Smoked at school during the past month

Healthy Eating

- 16.0% Ate 5-A-Day during the past week²
- 10.0% Had 3 or more dairy products per day
- 15.0% Ate baked food daily
- 33.5% Drank regular soda daily
- 22.6% Had sugared beverages daily
- 17.5% Ate breakfast daily
- 7.6% Ate fast food daily

Physical Activity (P.A.)

- 53.2% Participated in insufficient physical activity¹ during the past week
- 22.2% No exercise
- 12.8% Active 60 min on five or more days during the past week
- 16.0% Attended PE class daily
- 45.0% Played on sports teams during past year
- 53.5% Watched 3 or more hours of TV per day
- 19.6% Played 3 or more hours of computer or video games

Overweight

- 22.5% At risk of becoming overweight
- 42.3% Overweight

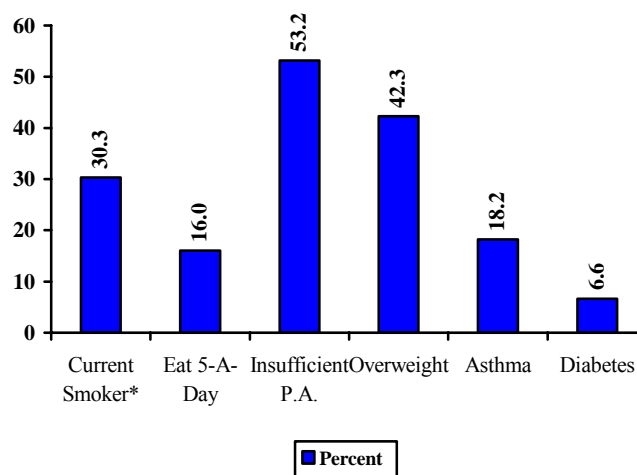
Health Status

- 13.1% Described health as fair or poor
- 18.2% Told asthma by a doctor or nurse
- 6.6% Told diabetes by a doctor or nurse

Prevention

- 47.7% Among smokers, tried to quit smoking
- 61.8% Trying to lose weight
- 61.9% Exercised to lose weight during the past month
- 45.1% Ate less to lose weight during the past month
- 3.7% On a diet or exercise plan for diabetes

Percentage of Youth Risk Behaviors, by Gender, Tohono O'odham Nation, 2005



Notes:

¹ Had not participated in at least 20 minutes of vigorous physical activity on three or more of the past seven days and had not participated in at least 30 minutes of moderate physical activity on five or more of the past seven days.

² Ate five or more fruits/vegetables during the past week

* Smoked during the past month

[§] Tohono O’odham Nation YRBS data was made possible through funding from the Steps to A Healthier Arizona Initiative

Appendix B: The 2005 Arizona Youth Risk Behavior Survey (YRBS) Highlights —Yuma[§]

The Youth Risk Behavior Survey measures the prevalence of specific personal behaviors that directly affect the health of our youth. The highlights are based on a sample of 1501 high school students and the results are representative of all students in grades 9-12 in Yuma county.

Tobacco Use

- 59.3% Ever tried cigarettes
- 14.3% Smoked cigarette before 13 years old
- 19.5% Smoked during the past month
- 7.3% Smoked more than 10 cigarettes/day during the past month
- 9.2% Smoked daily during the past month
- 4.8% Smoked on 20 of the past 30 days
- 10.9% Got cigarettes in store during the past month
- 4.6% Smoked at school during the past month

Healthy Eating

- 18.3% Ate 5-A-Day during the past week²
- 17.8% Had 3 or more dairy products per day
- 22.3% Ate baked food daily
- 27.4% Drank regular soda daily
- 21.5% Had sugared beverages daily
- 25.9% Ate breakfast daily
- 10.4% Ate fast food daily

Physical Activity (P.A.)

- 35.2% Participated in insufficient physical activity¹ during the past week
- 11.2% No exercise
- 32.1% Active 60 min on five or more days during the past week
- 42.2% Attended PE class daily
- 46.0% Played on sports teams during past year
- 40.5% Watched 3 or more hours of TV per day
- 14.7% Played 3 or more hours of computer or video games

Overweight

- 15.9% At risk of becoming overweight
- 19.6% Overweight

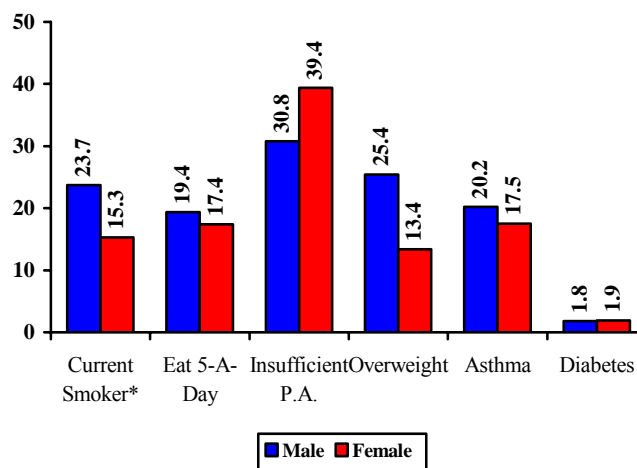
Health Status

- 13.1% Described health as fair or poor
- 18.9% Told asthma by a doctor or nurse
- 1.9% Told diabetes by a doctor or nurse

Prevention

- 51.0% Among smokers, tried to quit smoking
- 52.8% Trying to lose weight
- 64.4% Exercised to lose weight during the past month
- 44.2% Ate less to lose weight during the past month
- 2.9% On a diet or exercise plan for diabetes

Percentage of Youth Risk Behaviors, by Gender, Yuma, 2005



Note:

¹ Had not participated in at least 20 minutes of vigorous physical activity on three or more of the past seven days and had not participated in at least 30 minutes of moderate physical activity on five or more of the past seven days.

² Ate five or more fruits/vegetables during the past week

* Smoked during the past month

[§] Yuma County YRBS data was made possible through funding from the Steps to A Healthier Arizona Initiative

Appendix C: The 2005 Arizona Youth Risk Behavior Survey (YRBS) Highlights — Arizona

The Youth Risk Behavior Survey measures the prevalence of specific personal behaviors that directly affect the health of our youth. The highlights are based on a sample of 3307 high school students and the results are representative of all students in grades 9-12 in Arizona.

Tobacco Use

- 58.2% Ever tried cigarettes
- 16.3% Smoked cigarette before 13
- 21.4% Smoked during the past month
- 10.1% Smoked more than 10 cigarettes/day during the past month
- 12.7% Smoked daily during the past month
- 7.5% Smoked on 20 of the past 30 days
- 11.4% Got cigarettes in store during the past month
- 4.7% Smoked at school during the past month

Healthy Eating

- 15.2% Ate 5-A-Day² during the past week
- 15.2% Had 3 or more dairy products per day
- 21.5% Ate baked food daily
- 29.9% Drank regular soda daily
- 20.0% Had sugared beverages daily
- 26.4% Ate breakfast daily
- 10.7% Ate fast food daily

Physical Activity (P.A.)

- 33.1% Participated in insufficient physical activity¹ during the past week
- 8.7% No exercise
- 32.3% Active 60 min on 5 or more days during the past week
- 26.2% Attended PE class daily
- 47.1% Played on sports teams during the past year
- 32.8% Watched 3 or more hours of TV per day
- 18.6% Played 3 or more hours of computer or video games

Overweight

- 11.9% At risk of becoming overweight
- 13.6% Overweight

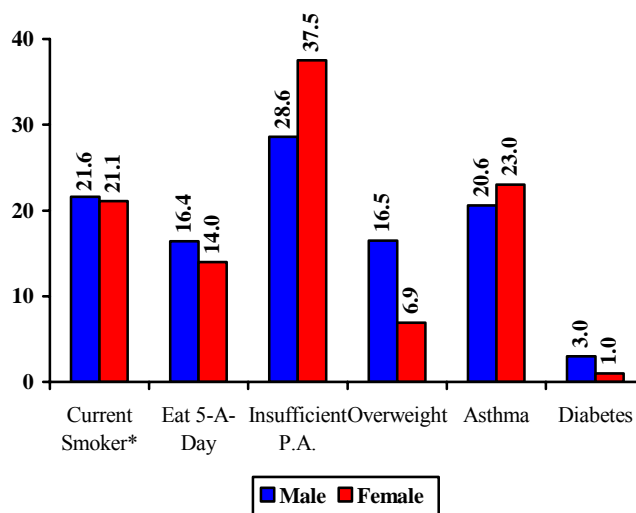
Health Status

- 10.7% Described health as fair or poor
- 21.8% Told asthma by a doctor or nurse
- 2.0% Told diabetes by a doctor or nurse

Prevention

- 51.1% Among smokers, tried to quit smoking
- 45.9% Trying to lose weight
- 60.7% Exercised to lose weight during the past month
- 39.3% Ate less to lose weight during the past month
- 2.5% On a diet or exercise plan for diabetes

Percentage of Youth Risk Behaviors, by Gender, Arizona, 2005



Note:

¹ Had not participated in at least 20 minutes of vigorous physical activity on three or more of the past seven days and had not participated in at least 30 minutes of moderate physical activity on five or more of the past seven days.

² Ate five or more fruits/vegetables during the past week

* Smoked during the past month